

1. An appetite suppressant composition comprising an appetite-suppressant amount of wheat bran, wheat, molasses, and corn-derived maltodextrin in at least one biocompatible oral dosage formulation.
2. The composition of claim 1 wherein the biocompatible oral dosage formulation is a capsule.
3. The composition of claim 2 wherein the capsule comprises a material selected from the group consisting of gelatin, carbohydrate gum derived from vegetable cellulose, and combinations thereof.
4. The composition of claim 1 further comprising at least one of a laxative, a vitamin, a nutraceutical, and nutrient, and combinations thereof.
5. The composition of claim 1 containing about 300 mg to about 1300 mg of the composition per oral dosage formulation.
6. The composition of claim 1 further comprising at least one of psyllium, cellulose derivatives, the edible portion of the *Carum carvi* plant, dioctyl sulfosuccinate, or sennosides.

7. The composition of claim 1 further comprising a sennoside in an amount ranging from about 1 mg to about 100 mg per three grams of the composition.
8. The composition of claim 1 further comprising a sennoside in an amount ranging from about 1 mg to about 25 mg per three grams of the composition.
9. The composition of claim 1 further comprising a component selected from the group consisting of minerals, vitamins, nutrients, and/or nutraceuticals.
10. The composition of claim 1 further comprising a component selected from the group consisting of vitamin A, vitamin B, vitamin D, vitamin C, vitamin K, folic acid, biotin, pantothenic acid, cod liver oil, wheatgerm oil, starflower oil, lecithin, linolenic acid, linoleic acid, fish oils,
5 garlic extracts or products, glucosamine, calcium, phosphorous, magnesium, manganese, molybdenum, zinc, selenium, copper, chromium, iodine, iron, and combinations thereof.
11. The composition of claim 1 wherein at least one of the wheat bran and wheat is roasted.
12. The composition of claim 1 lacking a neurostimulant.

13. An appetite suppressant composition comprising an appetite-suppressant amount of a grain that has been roasted for an interval sufficient to caramelize the grain in at least one biocompatible oral dosage formulation.

14. The composition of claim 13 wherein the roasted grain is at least one of wheat, wheat bran, corn, rye, rice, oats, and barley.

15. A kit comprising wheat bran, wheat, molasses, and corn-derived maltodextrin in an oral dosage composition, and instructions for orally ingesting an appetite-suppressant amount of the composition with or at an interval prior to at least one meal to suppress hunger and thereby
- 5 facilitate reduction of total caloric intake during the meal.
16. The kit of claim 15 where the instructions are for ingesting a dose of about three grams of the composition.
17. The kit of claim 16 wherein the dose is one to ten oral dosage compositions.
18. The kit of claim 15 wherein the oral dosage composition is a capsule.
19. The kit of claim 15 wherein the oral dosage composition further comprises a component selected from the group consisting of minerals, vitamins, nutrients, and/or nutraceuticals.
20. The kit of claim 15 wherein the oral dosage composition further comprises a component selected from the group consisting of vitamin A, vitamin B, vitamin D, vitamin C, vitamin K, folic acid, biotin, pantothenic acid, cod liver oil, wheatgerm oil, starflower oil, lecithin,
- 5 linolenic acid, linoleic acid, fish oils, garlic extracts or products,

glucosamine, calcium, phosphorous, magnesium, manganese, molybdenum, zinc, selenium, copper, chromium, iodine, iron, and combinations thereof.

21. The kit of claim 15 wherein the oral dosage composition further comprises a laxative.

22. An appetite suppressant composition comprising a biocompatible oral dosage formulation of about three grams of at least one of wheat bran, wheat, molasses, corn-derived maltodextrin, and natural coffee flavor at an interval prior to or with at least one meal to suppress
5 appetite.
23. The composition of claim 22 wherein at least one of the wheat bran or wheat is roasted.
24. The composition of claim 22 wherein the composition comprises from about 1%^{w/w} wheat bran to about 20%^{w/w} wheat bran.
25. The composition of claim 22 wherein the composition comprises from about 5%^{w/w} wheat bran to about 10%^{w/w} wheat bran.
26. The composition of claim 25 wherein the composition comprises from about 5%^{w/w} wheat to about 15%^{w/w} wheat.
27. The composition of claim 25 wherein the composition comprises from about 3%^{w/w} wheat to about 5%^{w/w} wheat.
28. The composition of claim 25 wherein the composition comprises from about 0.2%^{w/w} molasses to about 10%^{w/w} molasses.

29. The composition of claim 25 wherein the composition comprises from about 2%^{w/w} molasses to about 5%^{w/w} molasses.

30. The composition of claim 25 wherein the composition comprises from about 0.1%^{w/w} maltodextrin to about 5%^{w/w} maltodextrin.

31. The composition of claim 25 wherein the composition comprises from about 0.5%^{w/w} maltodextrin to about 2%^{w/w} maltodextrin.

32. An appetite suppressant composition comprising an appetite-suppressant amount of a grain selected from at least one of barley or rye formulated as a foodstuff or an oral dosage form for ingesting before a meal as an appetite suppressant.
33. The composition of claim 32 wherein the grain is roasted.
34. The composition of claim 32 wherein the grain is malted.
35. The composition of claim 32 wherein the appetite suppressant amount ranges from about one gram to about three grams.

36. An appetite suppressant composition comprising POSTUM® in a biocompatible oral dosage formulation and amount for appetite suppression.